

A stylized, high-contrast illustration of a person's profile in grey, holding a hamburger. The person is wearing a yellow shirt. The background is a solid yellow color. In the upper left, there are several small, dark, irregular shapes. The title 'hamburgers...' is written in a large, bold, black sans-serif font, and 'and how!' is written in a smaller, italicized, black sans-serif font below it.

hamburgers...

and how!

BY BARBARA TYSON

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contents:

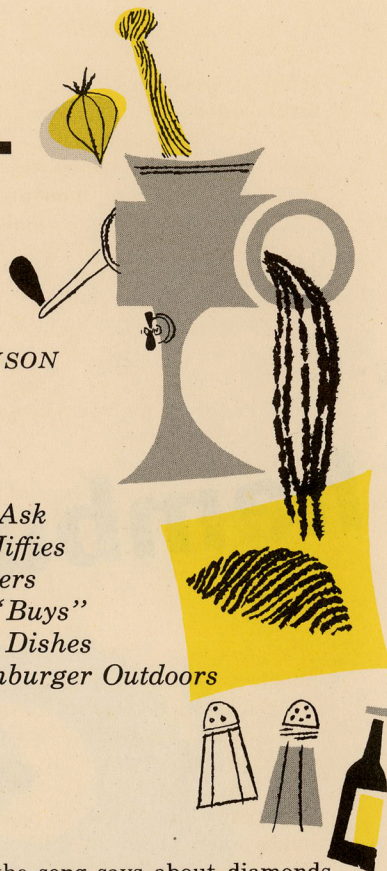
- 3 In Case You Ask
- 4 Hamburger Jiffies
- 6 Budget Budgers
- 9 Good Stand "Buys"
- 13 Entertaining Dishes
- 15 Cooking Hamburger Outdoors

hamburger
is a girl's
best friend...

never mind what the song says about diamonds. When in doubt about what to have to eat, you can have hamburger and come pretty near to pleasing everybody. You know it's going to be tender and there are endless ways to cook it. Besides being a friend to man, it is the greatest of aids to an ailing food budget. It's always a good buy.

It's nice to know that this popular and economical meat is a wise choice, nutritionally. The protein content of hamburger is of really super quality—and the fat is necessary in a normal diet.

2



What is hamburger? It is ground beef with some fat included.

Is it safe to buy ready-ground hamburger? Yes, if purchased from a reliable meat dealer.

Is all ready-ground hamburger alike? No, some dealers offer one type called *regular* and another called *lean*. The lean costs more and has about $\frac{1}{2}$ the fat as in the regular. (Remember, fat is desirable in a normal diet.)

If I want my hamburger ground to order, what is the best cut to buy? Boneless chuck, round, top sirloin, or flank steak. The chuck is cheaper, has more flavor and fat, and will be juicier than the other cuts.

How many times should hamburger be ground? The ready-ground is ground twice. When ground to order, ask for two grindings if you're making meat balls, loaves, etc. Otherwise ask for a single grinding.

How long should I keep hamburger? Do not keep more than 24 hours in a refrigerator. Wrap loosely in waxed paper. If wrapped in foil or several thicknesses of waxed paper, you can safely keep it a week in ice trays of refrigerator freezing unit. If wrapped in moistureproof wrappings, it may be stored in home freezer for 3 months.

How much should I buy? That depends on the way you plan to serve hamburger. One pound makes average servings if broiled in pattie form and in many dishes. However, in some recipes given here $\frac{1}{2}$ or $\frac{3}{4}$ pound serves 4. If you make it into a "steak" (see page 10) for special occasions, you'll need $\frac{1}{2}$ pound for each serving.

Which kind of hamburger is really best for me to buy? Let your personal taste and pocketbook answer this. Here's hoping they agree.

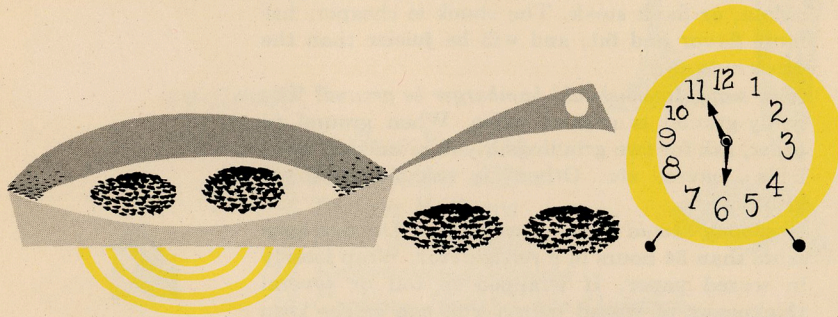
Should hamburger be handled? No. The less you handle your hamburger, the more juicy and the more tender it will be. Therefore shape your patties gently and quickly. One more thing. Do not pack them down while they are cooking.

in case
you ask...



3

These recipes can be made with any kind of hamburger. Some called Budget Budgers are especially low in cost. Others also on the economical side are offered under the heading of Good Stand "Buys." Then you'll find some labeled Entertaining Recipes because they're so suitable for company. Naturally, there's a group of Hamburger Jiffies and a few tips on outdoor cooking. From this collection, you can cook hamburger many different ways.



hamburger jiffies...

*you can
prepare
any one of
these
on the double...*

4

1. *One-Two-Three*: Brown 1 pound hamburger lightly in skillet. Add 1 can cream-of-chicken soup, $\frac{1}{2}$ can water, 2 cups cooked instant rice, and heat thoroughly. Makes 4 servings.
2. *Hamburger-Limas*: Brown 1 pound hamburger lightly in skillet. Add one 21-ounce can cooked, soaked dried Lima beans. Season with salt, black pepper, and onion salt. Makes 4 servings.
3. *Ten-Minute Hamburger and Spaghetti*: Brown $\frac{3}{4}$ pound hamburger lightly in skillet. Add one 22-ounce can spaghetti in tomato sauce. Season with salt, black pepper, and garlic salt. Serve with grated Italian-style cheese. Makes 4 servings.

4. *Pronto Hamburger-Macaroni Creole*: Lightly brown $\frac{3}{4}$ pound hamburger in skillet. Add two 15-ounce cans macaroni creole, and heat. Makes 4 servings.

5. *Creamy Hamburger and Mushrooms*: Shape 1- $\frac{1}{4}$ pounds hamburger into 8 patties. Brown quickly in skillet. Pour off fat. Add 1 can cream-of-mushroom soup and $\frac{1}{2}$ can milk. Cover. Simmer 20 minutes. Makes 4 servings.

6. *Hamburger Corn Chowder*: Brown $\frac{3}{4}$ pound hamburger and 1 chopped onion lightly in skillet. Pour off fat. Stir in 2 tablespoons flour and 2 cups milk. Bring to boil; add one 11-ounce can cream-style corn. Season with salt and black pepper. Sprinkle with paprika. Makes 4 servings.

7. Lunch Box Specials:

No. 1: Brown large, thin hamburger patties in skillet. Drain on paper towel. When cool, make into sandwiches with mustard-pickle relish or chili sauce.

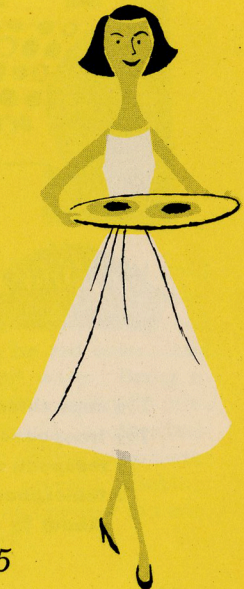
No. 2: Fry hamburger in skillet until all red is gone. Drain off fat. Cool meat, and use as you would tuna fish or chicken to make salad for sandwiches.

8. *"Meaty" Potato Pancakes*: Cook $\frac{1}{2}$ pound hamburger lightly in skillet. Add to enough potato-pancake mixture to make 4 servings.

9. *Open-Face Hamburger Sandwich*: Mix 1 pound hamburger with a little grated onion, 1 teaspoon salt, and $\frac{1}{8}$ teaspoon black pepper. Toast 6 slices bread on one side. Spread other side with meat. Broil until of desired doneness.

10. *Quick Hamburger-Tomato-Noodle Soup*: Brown $\frac{1}{2}$ pound hamburger lightly in heavy saucepan. Pour off fat. Add 1 can each tomato soup and beef-noodle soup and 2 cans water. Heat thoroughly. Makes 4 servings.

11. *Creamed Hamburger and Celery*: Brown 1 pound hamburger lightly in skillet. Pour off fat. Add 1 can cream-of-celery and $\frac{1}{2}$ can milk. Serve on toast. Makes 4 servings.



5

budget budgers *really low cost... but impressive cooking*

● HAMBURGER PINWHEELS

- ½ pound hamburger
- 1 small onion, minced
- 1 teaspoon chili powder
- 3 tablespoons flour
- ¾ cup milk
- ½ teaspoon Worcestershire
- Salt
- Black pepper
- *Biscuit Dough

Cook beef and onion in skillet until meat loses its red color. Blend in chili powder and flour. Add milk and cook until thickened, stirring constantly. Add Worcestershire and salt and pepper to taste. Cool until very thick. Roll Biscuit Dough on floured board into a 9-inch square. Spread with meat mixture. Roll up like jelly roll. Cut into 8 slices. Put on greased baking sheet. Bake in hot oven, 450° F., for 20 minutes. Serve with sauce made from diluted canned mushroom or celery soup, if desired. Makes 4 servings.



*BISCUIT DOUGH

- 1½ cups sifted flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 3 tablespoons shortening
- About ½ cup of milk

Sift dry ingredients together. Blend in shortening. Add milk gradually, and mix to form soft dough.

if your folks like stuffed peppers

● STUFFED GREEN PEPPERS

- 4 large green peppers
- Salt
- Boiling water
- ¾ pound hamburger
- ⅛ teaspoon pepper
- ⅛ teaspoon poultry seasoning
- 1 cup cooked white rice
- ¼ cup minced onion
- 1 8-ounce can tomato sauce
- ½ cup water

Cut a thin slice from stem ends of peppers, and remove seeds. Cook in salted boiling water for 5 minutes. Drain. Mix ¾ teaspoon salt, hamburger, pepper, poultry seasoning, rice and onion together. Stuff peppers with the mixture. Stand peppers upright in deep casserole. Mix tomato sauce and water, and pour around peppers. Cover, and bake in moderate oven, 350° F., for 20 minutes. Uncover, and bake 10 minutes longer. Makes 4 servings.



this is one for Chinese restaurant fans

● HAMBURGER AND FRIED RICE

- ¾ cup raw rice
- 2 tablespoons fat
- 1 onion, chopped
- 1 pound hamburger
- 1 beef bouillon cube
- 3 cups water
- Salt and black pepper

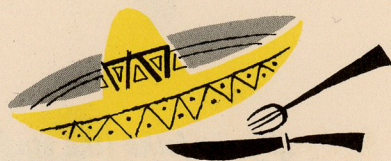
Cook rice in fat in large skillet until golden brown, stirring constantly. Add onion and meat, and cook until meat loses its red color. Add bouillon cube and water. Bring to boil, cover, and simmer for 30 minutes, or until liquid is absorbed. Stir occasionally, adding more water if necessary to prevent sticking. Season with salt and pepper to taste. Makes 4 servings.

from south of the border

● TAMALE PIE

- 2 tablespoons oil
- 1/3 cup chopped onion
- 1/2 green pepper, chopped
- 1 clove garlic, minced
- 1/2 pound hamburger
- 1 cup canned tomatoes
- 1/3 cup chopped ripe olives
- 1/2 cup corn meal
- 1/2 cup cold water
- 1 1/2 cups boiling water
- 1 teaspoon salt
- 1 egg, beaten
- 2 teaspoons chili powder
- 1/8 teaspoon crushed dried hot red pepper, if desired

Put oil, onion, pepper, and garlic in skillet. Cook for about 5 minutes. Add meat, and cook 5 minutes longer. Add tomatoes and olives, and bring to boil. Remove from heat. Mix corn meal with cold water. Add to boiling water, and cook until thickened, stirring constantly. Cook gently 10 minutes longer, stirring frequently. Add to meat mixture with remaining ingredients. Pour into greased 1-1/2 quart casserole. Bake, covered in moderate oven, 350°F., for 1 hour. Makes 4 servings.



it's no wonder this concoction is so well liked

● AMERICAN "CHOP SUEY"

- 1/2 pound hamburger
- 1 tablespoon fat
- 1 cup sliced onion
- 1/2 medium green pepper, chopped
- 1 cup uncooked elbow macaroni
- 1 1-pound 3-ounce can tomatoes
- 1 1/2 teaspoons salt
- 1/8 teaspoon black pepper
- 1 cup water

Cook hamburger in fat in saucepan for 5 minutes, stirring with fork. Add onion and pepper, and cook for 5 minutes longer. Add remaining ingredients. Simmer uncovered for about 45 minutes, or until macaroni is tender and most of liquid is absorbed. Makes 4 servings.

good stand "buys"

this one will satisfy even the biggest appetite

● MEAT BALL STEW WITH VEGETABLES

- 1 pound hamburger
- 1 teaspoon salt
- 1/8 teaspoon pepper
- Dash garlic salt
- 2 tablespoons fat
- 1 cup sliced onion
- 1 bouillon cube and 2 cups boiling water or vegetable cooking water
- 4 medium potatoes, peeled
- 4 medium carrots, peeled

Mix hamburger and seasonings together, and shape into 16 small balls. Brown quickly in the fat in kettle. Remove meat balls, and brown onions in remaining fat. Add meat balls and bouillon. Cut potatoes in half and carrots in 1-inch pieces. Add to first mixture. Cover, and cook slowly 15 minutes. Season to taste. If desired, thicken with paste of 1 tablespoon flour and 1/4 cup cold water. Makes 4 servings.

**Note:* This stew is extra good with dumplings. Drop dough from tablespoon onto meat balls or vegetables. Cover, and cook 12 minutes without raising cover.



*DUMPLINGS

- 1 cup sifted flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon shortening
- About 1/2 cup milk

Sift dry ingredients together. Blend in shortening. Add enough milk to make a soft dough.

5¢



10¢

1¢

*must have gotten the name from everyone being
"stuck" on it*

● PORCUPINE MEAT BALLS

- 1 pound hamburger
- 1/3 cup raw rice
- 1 teaspoon salt
- 1 small clove garlic, minced
- 2 tablespoons chopped onion
- 1/8 teaspoon black pepper
- 1 10 1/2 ounce can tomato soup
- 1/2 cup water
- 1 small bay leaf, crushed
- 2 sprigs parsley, chopped

Mix all but the bay leaf, water, and soup together. Shape into 16 small balls, and put into 2-quart casserole. Mix soup, water, and bay leaf. Pour over meat balls. Cover, and bake in moderate oven, 350°F., for 30 minutes. Uncover, and bake 30 minutes longer. Makes 4 servings.

hungry for steak?

● SUNDAY

HAMBURGER STEAK

- 2 pounds hamburger
- Salt and pepper
- Steak sauce
- Chili sauce or ketchup

Lightly shape hamburger into a flat steak about 1 1/2 inches thick. Broil under high heat about 6 minutes on each side or to desired doneness. Sprinkle with salt and pepper, and serve with steak sauce and chili sauce or ketchup. Cut in slices as for steak. Makes 4 servings.

don't dare fail to try this—it's a super

● WHIPPED

HAMBURGER BALLS

- 1 pound hamburger
- 2 tablespoons flour
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 small onion, minced
- 1/8 teaspoon poultry seasoning
- 1 10 1/2 ounce can consomme

Put meat in large bowl. Add remaining ingredients except consomme and fat. Beat with spoon or electric mixer. Add consomme slowly, beating constantly. When consomme is entirely absorbed, chill mixture for several hours. Then drop into 16 small mounds on broiler pan covered with aluminum foil. Broil quickly on both sides. Makes 4 servings.

genuine Italian . . . that's what this recipe is

● ITALIAN SPAGHETTI AND MEAT BALLS

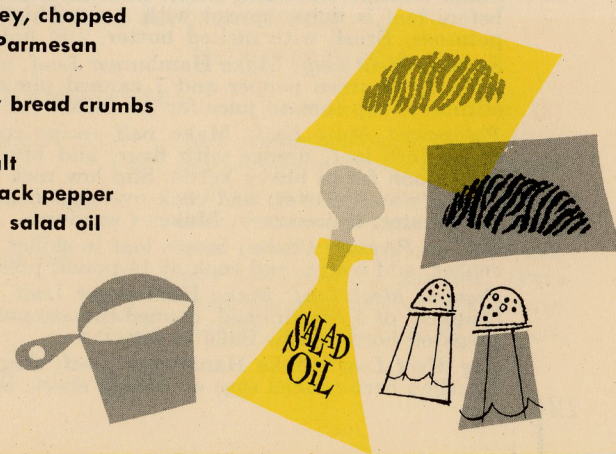
- 1 onion, chopped
- 1 clove garlic, minced
- 2 tablespoons salad oil
- 1 19-ounce can tomatoes
- 3/4 cup water
- 1 leaf basil
- 1/4 cup chopped parsley
- 1/4 teaspoon thyme
- 1 1/2 teaspoons salt
- 1/4 teaspoon black pepper
- 1 6-ounce can tomato paste
- *Meat Balls
- 1 8-ounce package spaghetti

In saucepan, cook onions and garlic in hot oil until lightly browned. Add tomatoes, and bring to boil. Simmer, uncovered, for 20 minutes. Add remaining ingredients, and simmer, uncovered for 1 1/2 hours longer, stirring occasionally. Add more seasonings, if desired. Serve sauce and meat balls on hot cooked spaghetti. Makes 4 servings.

*MEAT BALLS

- 1/2 pound hamburger
- 1/4 pound ground pork
- 1 onion, minced
- 1/2 clove garlic, minced
- 2 sprigs parsley, chopped
- 1/4 cup grated Parmesan cheese
- 1/2 cup fine dry bread crumbs
- 1 egg
- 1 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons salad oil

Mix all ingredients except oil. Shape into 16 balls, and brown slowly in hot oil.



who can live without meat loaf? make it in a variety of ways

● HAMBURGER LOAF

- 1 cup soft bread crumbs
- ½ cup milk
- 1 large onion, chopped
- 2 pounds hamburger
- 1½ teaspoons salt
- ½ teaspoon black pepper
- 2 eggs
- 1 teaspoon Worcestershire sauce

Mix all ingredients together lightly but thoroughly. Press into a greased 9 x 5 3-inch loaf pan. Or, shape into an oval loaf on baking sheet or in shallow baking pan. Bake in moderate oven 350°F., for 1½ hours. If desired, make gravy with pan drippings. Good hot or cold. Makes 8 servings.

VARIATIONS:

Hamburger Roll: Make biscuit dough, using recipe on page 6. Roll dough out on floured board into rectangle ½ inch thick and 8 inches long. Spread with half recipe for Hamburger Loaf. Roll up as for jelly roll; wet edges with water, and seal. Put in greased, shallow baking pan. Brush with evaporated milk. Bake in hot oven, 425°F., for 35 minutes. Makes 4 servings.

Herb Meat Loaf: Use recipe for Hamburger Loaf, adding ¼ teaspoon each thyme, marjoram, and rosemary.

Glazed Meat Loaf: Use recipe for Hamburger Loaf, substituting ½ pound each ground veal and pork for 1 pound of the beef. Shape mixture on baking sheet. Twenty minutes before loaf is done, spread with mixture of ½ cup apple jelly and 2 tablespoons prepared mustard. Finish baking.

Shepherds' Meat Loaf: Make half recipe for Hamburger Loaf. Shape mixture on baking sheet. Bake as directed. Twenty minutes before loaf is done, spread with 3 cups highly seasoned mashed potatoes. Brush with melted butter, and finish baking. Serves 4.

Spanish Meat Loaf: Make Hamburger Loaf, adding 1 clove garlic, minced; ½ green pepper and 1 canned pimiento, chopped. Substitute ½ cup tomato juice for the milk.

Pot-roasted Meat Loaf: Make half recipe for Hamburger Loaf. Shape into loaf, dredge with flour, and brown on all sides in 1 tablespoon fat in heavy kettle. Slip low rack under loaf, and add ¾ cup water. Cover, and cook over low heat for 1 hour, adding more water, if necessary. Makes 4 servings.

To Use Pressure Cooker, brown loaf in skillet. Transfer to rack in cooker, add water, and cook at 14-pound pressure for 18 minutes.

Piquant Meat Loaf: Make Hamburger Loaf, adding 2 tomatoes, chopped, or 1 cup drained, canned tomato pulp and 2 tablespoons prepared horseradish. Bake as directed.

Egg Meat Loaf: Make Hamburger Loaf, shaping mixture around 4 shelled hard-cooked eggs on baking sheet. Bake as directed.

entertaining dishes

Swedish meat balls deserve their popularity

● SWEDISH MEAT BALLS

- ¾ pound hamburger
- ¼ pound ground lean pork
- 1 small onion, minced
- 1 egg, slightly beaten
- ½ cup fine dry bread crumbs
- 2 tablespoons fat
- 1 teaspoon salt
- Dash cloves
- Dash nutmeg
- ½ cup milk
- Flour
- 1 cup light cream

Mix all ingredients except flour, fat, and cream. Shape into small balls. Roll in flour, and brown quickly on all sides in hot fat. Pour off any remaining fat. Add cream, bring to boil; cover, and simmer for about 15 minutes. Makes 4 servings.



this one is strictly for barbecue lovers...

teenagers note

● BARBECUED HAMBURGERS

- 1 pound hamburger
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ cup ketchup
- 1 teaspoon onion salt
- ¼ cup water
- 2 tablespoons Worcestershire
- 1 tablespoon vinegar

Mix hamburger, salt, and pepper. Shape into 4 large patties. Brown quickly on both sides in small skillet. Mix remaining ingredients. Pour over hamburgers. Cover, and simmer for about 20 minutes. Serve hamburgers on toasted rolls, rice, or mashed potatoes. Makes 4 servings.

really elegant fare...not for those who like their food plain

● HAMBURGERS DE LUXE

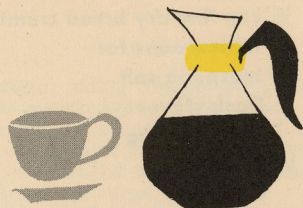
- 1 pound lean hamburger
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ½ cup chopped pecans or walnuts
- 1 tablespoon butter
- ¼ cup burgundy

*serve with
pumpernickel,
sweet butter,
apple pie,
and coffee*

● SOFIA'S STUFFED CABBAGE

- 1 large head cabbage
(about 3 pounds)
- 1 pound hamburger
- ½ cup raw rice
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 egg
- 2 teaspoons salt
- ¼ teaspoon black pepper
- 1 pound sauerkraut
- 1 28-ounce can Italian tomatoes
- ¼ cup rendered poultry fat or butter

Mix hamburger, salt, pepper, and nuts. Shape into 4 large or 8 small patties. Brown quickly in the butter in a skillet, turning to brown both sides. Add burgundy. Cover, and simmer for about 15 minutes. Makes 4 servings.



Cut core out of cabbage. Drop cabbage into large kettle of boiling water. Remove leaves as they wilt until head becomes about 4 inches in diameter. Do not make fork holes in leaves. Chop head coarsely, and put ½ in large kettle. Cut off heavy part of ribs from each leaf. Mix meat, rice, onion, garlic, egg, salt, and pepper. Put tablespoonful in center of each leaf. Roll up and tuck ends under. Put "bundles" on cabbage in kettle, and top with remaining chopped cabbage. Arrange kraut on top. Pour tomatoes over all, and sprinkle generously with salt and pepper. Put fat on top. Add just enough boiling water to reach top of "bundles". Cover kettle, bring to boil, and simmer for 45 minutes. Makes 8 servings. Also delicious reheated.

*when you're
cooking
hamburgers*

outdoors...

Have the fire built in the fireplace or barbecue pit far enough ahead so that there will be a bed of glowing coals when you're ready to start cooking.

For hamburgers in foil. Season hamburger with salt and pepper, and shape into large, thin patties. Put each patty on an individual sheet of aluminum foil, and top with condiments such as chili sauce, catsup, thick steak sauce, prepared mustard or mustard pickle relish, horseradish, or pickle relish. Wrap up patties, and twist ends to keep in condiments. To cook, put hamburgers directly on hot coals; cover with more coals. Cook 8 to 10 minutes. Let each picnicker unwrap his own. If preferred, cook hamburgers without condiments. Serve with any of the above or with sliced onions, seasoned cucumbers in vinegar, cooked bacon, pickles, olives, capers, barbecue sauce, pepper relish, or fried onions seasoned with sage.

If you're having Sloppy Joes, get the sauce ready first. To make, combine in saucepan 1 medium onion, chopped; 1 8-ounce can tomato sauce; 2 tablespoons each vinegar, brown sugar; 1 teaspoon each salt and dry mustard; 1 bay leaf; ⅛ teaspoon black pepper; 1 clove garlic; and ½ cup water. Bring to boil, and simmer, uncovered, about 15 minutes, or until thick. Serve hot with grilled hamburgers on toasted split buns.

Hamburger Shish-Kebabs are fun. First, select long metal skewers or slender green sticks with sharp ends. Onto skewers, push small, seasoned hamburger balls; canned small onions; pieces of green pepper; and quartered tomatoes, alternating vegetables as desired. Cook directly over hot coals until browned and done. If sticks are used, be careful that they do not burn. Season well with salt and black pepper.

